

# Safety and Total Health Day

## *to launch innovative partnership*

This year's Safety and Total Health Day will be the launching pad for the Voluntary Protection Program safety and health initiative at JSC.

Although many employees may be aware of the "JSC and VPP" campaign, it will be each organization's responsibility to be sure that everyone is informed and knows what to expect in the days that follow.

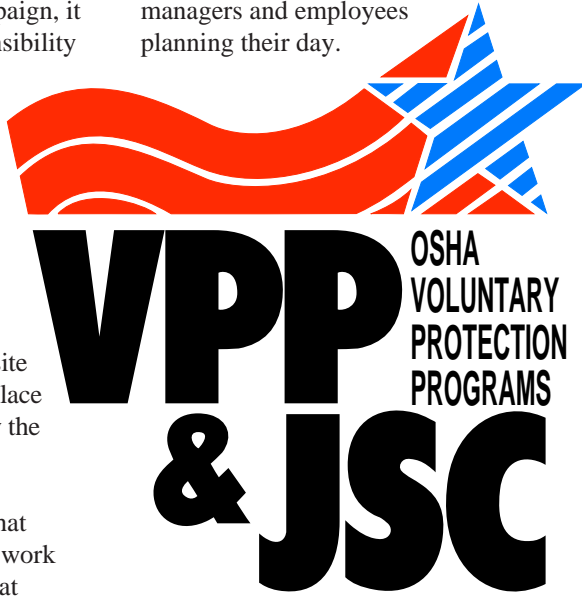
VPP is an innovative partnership in which employers and employees join forces to develop and implement a comprehensive safety and health program. VPP emphasis on continuous improvement of work site safety and health programs can replace regular required site inspections by the Occupational Safety and Health Administration.

VPP systems ensure not only that OSHA standards are met and that work sites are in full compliance, but that flexibility and creativity help provide the best feasible protection for workers at each site.

A booth also will be available on Safety and Total Health Day to supplement the information employees receive in their organizational activities.

VPP is just one of three prime topics that will be addressed at the third annual Safety and Total Health Day scheduled for September 23.

Chairman Larry Neu has advice for managers and employees planning their day.



"In keeping with Mr. Abbey's direction, there are three prime topics that every manager must have in their Safety and Total Health Day program: close calls, review of reported incidents, and introducing the Voluntary Protection Program."

Every employee should be made aware of the Close Call system – why close calls are reported and the methods used to report them, Neu said. All buildings should have a Close Call poster with a dispenser for forms that can be filled out and submitted to the designated recipient. Close call forms also are available on the Internet at <http://www4.jsc.nasa.gov/safety/closecal/cc1257.doc>.

With regard to the review of reported incidents, JSC's goal is zero accidents. Even so, as many as 60 people are likely to be injured this year, Neu said. Mishaps must be reviewed and studied for causes, trends, and any information useful to prevention.

"The importance of creating a safe and healthful workplace can never be underestimated – it is the cornerstone of our success," said JSC Director George Abbey in a recent memo to JSC supervisors.

"To help everyone make the most of the event, the T-2 Month Planners meetings were held in July," Neu said. "We had six meetings over a period of three days and were able to disperse a lot of information to over 1,200 on-site and off-site employees."

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To get advice on what kinds of activities organizations can offer, visit the Safety and Total Health Day web page at <http://wwwsrqa.jsc.nasa.gov/sthday/PlanIdeas.htm>.

The web site is as visually appealing as it is informative. For those who've ever wondered how and what to do about Safety and Total Health Day, employees may scroll down and probably see a bit of themselves in the little animated guy scratching his head and wondering, "How do I plan for it?"

Click on "Planning & Information," for ideas that can make learning positively fun. From "homegrown" ideas to ideas for Safety and Total Health-related activities, it's a wellspring of information that will make the day memorable.

"It's shaping up to be a great day. We hope everyone will make the most of it and will come away better for having participated," Neu said. ■

## Next Blood Drive is on Safety and Total Health Day

Special arrangements are being made so that JSC employees and contractors may donate blood as part of their Safety and Total Health Day activities on Sept. 23, or on the following day.

This yearly event has become the most popular, as well as the most productive, of all JSC's on-site blood drives. In each of the last two years, JSC employees donated 508 units of blood. The donations have been used throughout the community in treating patients with a variety of medical conditions and include some JSC employees and their family members.

Experienced blood donors generally know they can, if they desire, designate a person for whom their blood is donated. First-time donors may be interested in the story of 3-year-old Brooke Hawes, neighbor of Information Systems Contract employee, Pat Doerr.

Brooke is a victim of cancer. She had major surgery to remove a large cancerous tumor in her abdomen and is undergoing chemotherapy. Brooke spends about half her time in the hospital receiving chemotherapy and the additional treatments for infections that result from a decrease in her white blood cell count after each treatment. According to Texas Children's Hospital, Brooke has used blood products (platelets and packed cells) with a replacement value of 356 units of blood. JSC donations have replaced about 130 units of blood used by Brooke.

"Our blood drives have been of great assistance and donations are still needed. Our help has provided her mother with one less thing to be concerned about during this stressful time" said Lola Kramer, ISC blood drive coordinator.

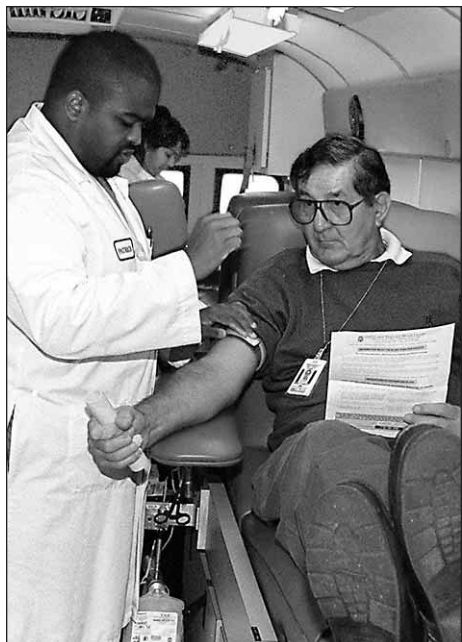
St. Luke's and the JSC Blood Drive Committee started planning early this year in the hope of achieving the biggest turnout yet. Blood donors normally can give blood every eight weeks. Donors may go to the Teague Auditorium lobby without an appointment from 7:30 a.m.-4 p.m., including lunch time, on September 23 or 24.

Anyone participating in the Fun Run on September 23 is encouraged to give blood on September 24.

The procedure for drawing whole blood generally takes about 45 minutes, with plasma and platelet donations taking longer. Plasma and platelets, which require special processing, will be drawn only on the second day of the drive this year. Call Donna Stuart at x33032 to make an appointment.

Prospective donors who have questions about how a medical condition may affect their ability to give blood may call St. Luke's Blood Donor Center at 713-791-4483.

Blood donors once again will receive a free gift. Details about the JSC Blood Drive are available at <http://www4.jsc.nasa.gov/ah/ExcEAA/blooddrv/blooddrv.htm>, or call Dan Mangieri at x33003. ■



JSC Photo 97-15558

**A JSC employee takes advantage of the opportunity to give blood during last year's Safety and Total Health Day.**



JSC Photo 97-15561

**Runners get a good start for last year's Safety and Total Health Day Fun Run.**

## Fun run emphasizes personal health

Of all the options available for better health and longer life, the greatest benefit is achieved by improving physical fitness.

Physical exercise, such as walking and jogging, produces a long list of health benefits, both mental and physical, and just plain makes you feel good. To recognize the importance of physical fitness in JSC employees' health and well-being, Safety and Total Health Day again will feature a fun run/walk on September 23.

JSC Deputy Director Jim Wetherbee will lead the pack at the start of the fun run. Two routes have been mapped out, a two-kilometer course for the walkers and a five-kilometer course for runners. The event begins at 4 p.m. at the Gilruth Recreation Center. Refreshments will include fresh fruit, bagels, and cold drinks.

Early registration continues through September 11. On race day you can register at the Gilruth Center from 8 a.m. to

2:30 p.m. Those who register and pay the \$6 entry fee will receive a T-shirt. If you don't want the T-shirt you don't have to pay the \$6, but you still must register to participate.

Participation in the fun run/walk is considered an after-work activity. Supervisors have been advised to be liberal in allowing leave for employees who want to participate in the fun run/walk. With supervisory approval, employees may make up the time the following day when everything gets back to normal.

The walk or run you complete might be the start of a daily exercise program that could benefit your health and well-being for the rest of your life.

For further information call Larry Wier, x30301, Greta Ayers x30302, or Lesa Lester x41628. ■